

Across the Greenfield

Art Show



Exploring Art Forms

During the month of March, we explored two interesting art movements: cubism and blind contouring drawing.

Cubism is associated with such great artists as Pablo Picasso and Georges Braque, which utilizes geometric shapes to depict human and other forms. We utilized this concept and created our own take on cubism by exaggerating

parts of ourselves and giving them new life. Each resident chose a different perspective and made it unique. Once they designed their cubistic art forms, they colored the designs, they really popped with details.

Blind contour drawing, also known as no look drawing, is an artistic technique that was first introduced by Kimon Nicolaidis and Betty

Edwards, which was designed to help students develop the other senses rather than just sight. We asked the residents to close their eyes or wear a blindfold and envision either themselves, an object, or scenery and draw that thought on paper. The results were truly amazing and unique. Once they drew the picture, some chose to add details and color.



Pat A.



Happy Birthday, Ruth D.!



Mary W.



Pancake Toss - Ruth & Julie



Fr. Ed



Emagene



Marlene



Jeanne

Across Lynn's Desk

At Greenfield, we are continually trying to improve the care and service we provide. Part of this process is expanding our own knowledge. Currently, our leadership is dedicating time to learning about aging and the perceptions that go along with it. Together, we are reading "Ageism Unmasked" by Tracy Gendron, PHD.

We are still in the early part of the book and it has already been a great experience. On the surface, many things can appear universal. However, as we unpack each topic, we uncover how individual each experience really is.

It makes sense if you think about it. We have all lived through a worldwide pandemic together. Each of

us has been affected by Covid-19. But, it is in very different ways. If you look at the lockdown alone, you can see how it impacted everyone differently. Some people weren't able to work at all, some worked remotely, and some were able to continue to work with modifications to their workplace. I worked the front lines during this time. Some of us worked 16-hour days. There were a lot of people, myself included, who went for weeks without a day off. During that same time period, there were people who were severely depressed and frustrated because they didn't even have the option to work. On the other hand, there were those who embraced the opportunity to do home improvement projects and try new recipes. In 10 years, 20

years, or more down the road, we will all be different because of our experience with the pandemic. But, the result will be as unique as our experiences are.

With that perspective, it makes you wonder why so many assume all of the people who experienced WWII, Vietnam, 911, or any significant event in history will be impacted in the same way? While they shared that event in their lifetime, their story will be their own.

We are each wonderful, unique creations of God. He has a special path for all of us. We need to remember we didn't all travel the same road to get to where we are.

Lynn Olds

If you prefer to have your newsletter emailed each month, let us know at: office@greenfieldhome.org



Kate's Words of Wisdom

March 15, 2022, was World Social Work Day. "The theme for 2022 is Co-Building a New Eco-Social World: Leaving No One Behind. This theme conveys a 'vision and action plan to create new global values, policies, and practices...for all people and the sustainability of the planet." The covid-19 pandemic caused a lot of burnout for social workers and many changed jobs, including myself when I came to Greenfield. Overall it reminded social workers and healthcare workers of the importance of self-care and supporting each other. The pandemic also brought us together; as a world we were all fighting a common enemy. For our sanity, we worked to focus on the positive and find new ways of doing things together even when we had to be apart.

"COVID-19 is a human tragedy. But it has also created a generational opportunity. An opportunity to build back a more equal and sustainable world... A

New Global Deal, based on a fair globalization, on the rights and dignity of every human being, on living in balance with nature, on taking account of the rights of future generations, and on success measured in human rather than economic terms, is the best way to change this."

-António Guterres, UN Secretary-General

We are not done fighting Covid-19, especially when there are countries that still have limited access to the vaccine or not enough staff to put shots in arms. We need to have an Ubuntu focus with a global look at the collective "we" instead of what works for me and my country. Ubuntu is an African word to describe a quality that includes the essential human virtues; compassion and humanity.

Our Hope and Happiness group started out with a focus on us as individuals and how we are helped by those closest to us. We have been sharing stories of resiliency and that has

taken on a broader outlook as we have looked at stories from around the world including Ukraine.

The past two weeks we have looked at values - how they shape our character and how we feel about the world around us. One value that was shared by almost the whole group was justice. What we have advocated for in our lives may change depending on one's age and experiences, but as Earth Day approaches Eco-Justice is hopefully in your mind. Many countries have been impacted by rising temperatures, water levels, drought, and pollution to name just a few things. We can all work together to save our planet. As the weather has warmed up we've all noticed how being outside has added to our hope and happiness. Nature is worth saving.

Kate Webster, SSD

Mardi Gras

We enjoyed a special Cajun-style lunch with red beans & rice and jambalaya, which segued into our Fat Tuesday party. At our party, we celebrated with more Southern-style foods and our traditional pancake toss game. Candied pecans, beignets, shrimp dip & chips along with a clean-the-pantry-out punch.

Traditionally, Mardi Gras or Shrove Tuesday or Fat Tuesday, as it is often referred to, using up all the fatty ingredients to make way for lent. So, we served homemade pancakes in the morning for breakfast and flipped the leftover cakes at our party.



Margaret

Butterfly Garden Update

We have had some people inquire about making donations towards our butterfly garden. We have compiled a “Wish List” of items. If you are interested in donating towards those items, please contact Chris, Activity Director, for more details. Also, if you are interested in volunteering your time in maintaining the garden, or you have extra flowers that you have divided when the appropriate time of the season comes, let us know.

This month, our progress on our butterfly garden consisted of hatching out our painted lady butterflies.

Although it was a bit too early to release them outside, we did enjoy watching them turn from caterpillars to butterflies. Since their life-cycle consists of two weeks, we had hoped we could release them, but it was a bit too chilly for them. So, we placed them in a netted cage with a tomato plant, sugar water and plenty of room to stretch their wings, hoping they would lay their eggs on the tomato plant and start the process over again in time to release the new butterflies into our new butterfly garden.

Also, Karen, our butterfly

garden guru came to visit and talked about our butterfly garden being a pollinator garden where other insects, birds, animals will come and offer joy and entertainment for residents. From bees to hummingbirds, each flower we plant will serve as a wonderful addition.

We set the date for our ground breaking along with a replication of spring cleaning the grounds. The date will be: Friday, April 15th from 8:30am – Noon. More details to come.

St Paddy's Day

On March 17th of every year, St. Patrick's Day all staff and residents of Greenfield are Irish! We donned different shades of green and greeted one another with a "Top of the

Mornin' to ya!" and they answered back: "And the rest of the day to yourself!" Although the odds of finding a four-leaf clover are 1 in 10,000, we didn't have to go far for a lucky St. Paddy's

Day party. At our afternoon party, shamrock shakes and a lucky snack mix were served, while we completed a puzzle, asked some silly leprechaun jokes and had a magic coin toss.

Meditation Services

We greatly appreciate our area pastors who so graciously come to Greenfield to share the Word of God: Pastor Derek Boggs from Evangelical

Covenant Church, Pastor Bill Shields from First Lutheran Church, Pastor Marcia Peddicord from 1st United Methodist Church, Pastor Scott Schmidt from St.

Matthew's Lutheran Church and Msgr. Kruse from St. Louis Catholic Church. Thank you for coming to Greenfield!

Butterfly Garden Wish List

We have had people interested in donating items and monetary gifts towards the butterfly garden. We have a wish list, if you are interested in contributing:

Items for the garden:

- Hummingbird feeders
- Bird feeders for the

windows

- Nest box for windows
- Water feature
- Bird detective smart bird feeder camera

Flowers for the garden:

- Coneflowers
- Shasta daisy

- Liatris
- Bee balm
- Missouri evening primrose
- Service berry tree
- Tickseed plant
- Beardtongue

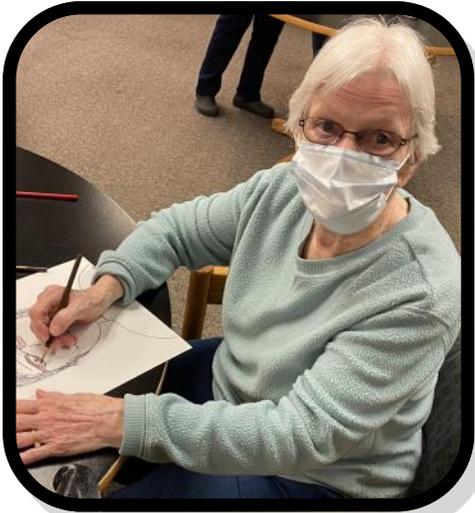
Any questions? Please call and ask for Chris.

Resident Art Show

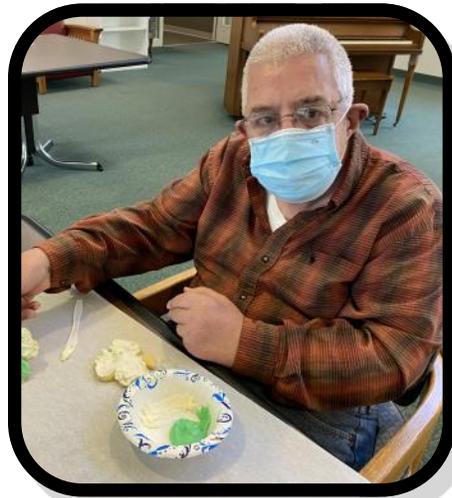
Both the cubism and blind contouring drawing art forms culminated into our art show where we took all the drawings and displayed them – residents also

named their drawings. Deb, our resident artist and leader of this program gave a talk. Following the showing, there were appetizers served:

cucumber sandwiches, shrimp on crackers, "cubed" cheese & olives, chocolate drizzled cream puffs and fruited sangria or grenadine for drinks.



Anita



Danny



Pat P.



Marge



Christy



Julie



Mary M.



Splash & Dash - Gratice & Deb

Covid-19 Update

I know everyone is getting excited as Covid-19 restrictions have been lifted in the community. We are all hopeful this is the beginning of the end of the pandemic. However, there are a couple of things we should all keep in mind.

First, Covid-19 restrictions have not been lifted in long-term care settings. There is another variant of

concern that is creating surges in some areas.

Greenfield must continue to follow the guidelines set forth by the CDC and IDPH.

Secondly, with the mass removal of face coverings in the community, there has been an influx of other illness. There are currently spikes in Influenza and Norovirus. We need to work to keep these out of our

building.

Please do not visit if you are sick in any way at all. When you do visit, please adhere to the precautions we have put in place to protect your loved ones. If you have any questions or concerns, please feel free to contact me or Lynn Olds, Administrator.

Shelly Davis, DCN



GREENFIELD RETIREMENT HOME QUALITY SENIOR CARE SINCE 1911

Greenfield Retirement Home
508 Park Ave. E.
Princeton, IL 61356

Phone: 815-872-2261

Fax: 815-875-1758

E-mail: office@greenfieldhome.org



Greenfield's mission is to provide a caring environment that maximizes the life enjoyment, integrity and independence of each resident.

Greenfield is a not-for-profit provider.

www.greenfieldhome.org